

Birla Public School, Doha – Qatar
Circular for Grade V

Dear Parents,

Subject: Circular for Swimming Lessons

The regular swimming lessons for Grade V will commence on Sunday, 28 April 2024. Classes are held separately for girls and boys with separate female and male swimming coaches. Every class focuses on water safety, basic swimming techniques, and confidence building. The swimming lessons will take place during the Physical Education period.

If your ward wants to participate in the swimming lessons, please fill out the consent form enclosed with this circular, clearly mentioning the swimming proficiency of your child, and submit it to the class teacher before Wednesday, 24 April 2024.

Every child choosing the swimming lesson will have to abide by the instructions below:

Rule 1: Running around is strictly prohibited in the swimming pool area and in the changing room.

Rule 2: No diving in the shallow end

Rule 3: No spitting or blowing nose in the pool.

Rule 4: It is obligatory to observe complete discipline inside the pool. All the safety instructions given by the coach must be observed strictly.

Rule 5: The child must carry the following swimming costume for the swimming classes.

- a) Neat towel b) Dark colored swimming costumes c) Swimming cap
d) A pair of swimming goggles e) A bottle of water.

'No student will be allowed to participate in the swimming lessons without the articles mentioned above.'

Rule 6: Soap, Shampoo, oil, sunscreen, will not be allowed in the pool.

Rule 7: Jewellery, sharp materials, objects made of glass etc. are not allowed in the pool.

Rule 8: A full body shower is mandatory before entering the swimming pool and after the training sessions for hygienic reasons.

Rule 9: Students who are hydrophobic, have asthma, open wounds, ear infections, fungal infections, skin infections, epilepsy, heart ailments, have undergone any major medical treatments, or suffering from any post-surgical ailment, etc., cannot participate in the swimming lessons.

Rule 10: No student will be allowed to enter or leave the swimming pool without the permission of the coach/ lifeguard.

Rule 11: No food items other than water are allowed inside the swimming pool.


Dr. Anand R. Nair
Principal

CONSENT FORM FOR THE CIRCULAR NO: BPS/EC/2024-25/10
(To participate in swimming lessons)

I give consent to my son/daughter, _____(Name of the child),
_____(Admission No) studying in Class V _____(division) _____(Date of Birth)
to participate in swimming lessons offered by the school in their P.E periods during the year 2024-
2025.

Proficiency level of my child in swimming is: (Please Tick the appropriate option below)

1. Novice;
2. Confident / good swimmer;
3. Expert / Competitive swimmer;

Parent Contact Information

	Mobile Number	Parent E-mail ID
Name of Father:		
Name of Mother:		

I hereby declare that I have understood the rules and regulations mentioned in the circular regarding swimming lessons and state that my child is fit for swimming, and he/she has no health issues.

I also understand that the school will take all necessary precautions for the safety of my child. However, I will not hold the school responsible for any mishap/ accident that might happen at the pool.

Signature of the Father with date

Signature of the Mother with date